

In the Claims:

Please cancel claims 1-19.

Claims 1-19 (Previously cancelled)

Please enter claims 20-23 as set forth below.

Please add the following claims:

20. (New Claim) An exercise system for use submerged in water, the exercise system comprising: a first floatation element having a grasping member having first and second ends and including a pair of buoyant masses on the said ends of the grasping member, a second floatation element, and a third floatation element, the floatation elements having a specific gravity of less than one, the second and third floatation elements being adapted to engage the first floatation element, the second and third floatation elements each having grasping members and a pair of buoyant masses on the ends thereof; a first pair of extension members for releasably engaging the buoyant masses of the first floatation element, the first pair of extension members comprising a material with a specific gravity of less than one; the second floatation element having a grasping member and pair of buoyant masses at the removed ends thereof, the second floatation element having a specific gravity of less than one; a second pair of extension members for engaging the buoyant masses of the second floatation element, the second pair of extension members having a specific gravity of less than one; means for releasably joining the first floatation element to the second floatation element, wherein means for releasably joining the first floatation element to the second floatation element at least partially comprises a material with a specific gravity less than one wherein the material comprising at least part of the first floatation element is foam.

21. (New Claim) The exercise system of claim 20 further including means for releasably joining the first floatation element to the third floatation element.
22. (New Claim) The exercise system of claim 20 wherein at least the first floatation element and the second floatation element have indicia thereon.
23. (New Claim) The exercise system of claim 9 wherein the indicia reflects the buoyancy of the element it is placed upon.
24. (New Claim) The exercise system of claim 20 further including a videotape to provide instructions for assembly of the components thereof.